

# Whole Wheat Muffins

**Makes:** 12 servings

## Ingredients

- 1 cup** flour (all purpose)
- 1 cup** whole wheat flour
- 1/2 teaspoon** salt
- 2 teaspoons** baking powder
- 1/4 cup** brown sugar (firmly packed, or white sugar)
- 1 cup** milk, low-fat (1%)
- 2** egg
- 1 teaspoon** vanilla (optional)
- 1/4 cup** margarine or butter (melted, or 1/4 cup vegetable oil)
- 1 tablespoon** sugar
- 1/2 teaspoon** cinnamon (ground)

## Directions

1. Preheat oven to 400 degrees. Lightly oil or coat with non-stick spray the cups of a 12 cup muffin pan, or use paper muffin cups.
2. Mix together sugar and cinnamon for topping and set aside.
3. In a large bowl, stir together flour, salt, baking powder and sugar. In a glass or plastic liquid measuring cup, measure milk, then add eggs, vanilla (if using), and melted

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>150</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	30 mg
<b>Sodium</b>	<b>230 mg</b>
<b>Total Carbohydrate</b>	<b>22 g</b>
Dietary Fiber	1 g
Total Sugars	7 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

shortening or oil. Mix with a fork until egg is well combined with other ingredients.

4. Pour milk mixture over flour mixture and stir with a spoon, about 20 strokes, until flour is just moistened. Batter will be lumpy and thick.

5. Fill prepared muffin cups about 2/3 full with batter. Sprinkle about 1/4 teaspoon of cinnamon/sugar topping over each muffin.

6. Bake in oven for 20 to 25 minutes until golden brown. Serve warm. Leftovers may be frozen.